

Traditional Roman  
Catholic Lenten Morning  
and Evening Prayer from  
Pre-Vatican II documents  
and prayers.



## Lenten

***These prayers have been adopted from Abbot GueRanger Liturgical year and Reverend Father Lasance My Prayer Book all in the public domain***

DURING the season of Lent the Christian, on awaking in the morning, should unite himself with the Church, who, at the first dawn of day, begins her Psalms of Lands with these words of the royal prophet:

**MORNING PRAYERS**

Have mercy on me, O God according to they great mercy

V. Let us bless the Father and the Son, and the Holy Ghost.  
R. Let us praise him and extol him above all, for ever.

V. Glory be to the Father, and to the Son, and to the Holy Ghost  
R. As it was in the beginning, is now and ever shall be,  
world without end. Amen.

**Praise our Lord and Savior, Jesus Christ**

V. We adore thee, O Christ, and we bless thee.  
R. Because by thy holy cross thou hast redeemed the world.

**Invocation of the Holly Ghost**

Come, O Holy Spirit, fill the hearts of thy faithful, and en kindle within them the fire of thy love.

**PATER NOSTER**

Our Father, who art in heaven, hallowed be thy name: thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgiven them that trespass against us: and lead us not into temptation but deliver us from evil. Amen.

**ADDRESSES OUR LADY**

Hail Mary, full of grace; the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

*After this you should recite the Creed, that is, the Symbol of faith. It contains the dogmas we are to believe ; and during this season you should dwell with loving attention on that article, which is so full of hope, the forgiveness of sins. Let us do our utmost to merit, by our sincere conversion and amendment of our lives, that our Saviour, after the coming penitential forty days are over, may say to each of us those words which are so sweet to a penitent sinner: 'Go, thy sins are forgiven !'*

**THE APOSTLES' CREED**

I believe in God the Father almighty, Creator of heaven and earth. And in Jesus Christ, his only Son our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died, and buried; he descended into hell, the third day he rose again from the dead; he ascended into heaven, sitteth at the right hand of God the Father almighty; from thence he shall come to judge the living and the dead.

I believe in the Holy Ghost; the holy Catholic Church; the communion of saints. the forgiveness of sins, the resurrection of the body, and life ever lasting.

*Amen.*

***Then make a humble confession of your sins, reciting the general formula made use of by the Church.***

#### **CONFESSIO N OF SINS**

I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word, and deed; through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary ever Virgin, blessed Michael the archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

May almighty God have mercy on us, and, our sins being forgiven, bring us to life ever lasting. Amen. May the almighty and merciful Lord grant us pardon, absolution, and remission of our sins. Amen. (**Sign of the Cross**)

***This is the proper time for making your meditation, as no doubt you practice this holy exercise. During Lent, the subject of our meditation ought mainly to be the evils brought on man by original sin; the necessity Of an untiring resistance against our corrupt nature, whose tendencies and inclinations would lead us to destruction; the grievousness of actual sin, how it robs us of count less blessings, and exposes us to punishments both here and hereafter; the ineffable goodness of God, who comes Himself to offer reconciliation to the sinner, and who, after the salutary mournfulness and the works of penance of the weeks of Lent, will give all the joy, peace, and blessing of a new life in our risen Jesus.***

***The next part of your morning prayer must be to ask of God, by the following prayers, grace to avoid every kind of sin during the day you are just beginning.***

***Say, then, with the Church, whose prayers must always be preferred to all others:***

V. Lord, hear my prayer,

R. And let my cry come unto thee

V. Incline unto my aid, O God.

R. O Lord, make haste to help me.

**OREMUS.**

Almighty Lord and God, who hast brought us to the beginning of this day, let thy powerful grace so conduct us through it, that we may not fall into any sin, but that all our thoughts, words, and actions may be regulated according to the rules of thy heavenly justice, and tend to the observance of thy holy law. Through Jesus Christ our Lord. Amen.

***Then beg the divine assistance for the actions of the day, that you may do them well; and say thrice:***

V. Incline unto my aid, O God.

R. O Lord, make haste to help me.

V. Incline unto my aid, O God.

R. O Lord, make haste to help me.

V. Incline unto my aid, O God.

R. O Lord, make haste to help me

**OREMUS**

Lord God, and King of heaven and earth vouchsafe this day to rule and sanctify, to direct and govern our souls and bodies, our senses, words, and actions, in conformity to thy law, and strict obedience to thy commands : that by the help of thy grace, O Saviour of the world! we may be fenced and freed from all evils. Who livest and reignest for ever and ever. Amen.

**Aspirations to honor Jesus and Mary**

Sweet Heart of Jesus, grant that I may ever love Thee more

Jesus meek and humble of heart, make our heart like unto thine

Sweet heart of Jesus, be my love

Sweet Heart of Mary be my salvation

We as Saint Micheal to protect and defend us during the day.

**Prayer to St. Micheal**

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

**Guardian Angel**

Angel of God, my guardian dear, to whom God's love commits me here, ever this day [or night] be at my side, to light and guard, to rule and guide. Amen.

### **Morning Offering of the Apostleship of Prayer**

O Jesus, through the Immaculate Heart of Mary, I offer Thee my prayers, works, and sufferings of this day for all the intentions of Thy sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intention recommended this month by the Holy Father.

***During the day, you will do well to use the instructions and prayers, which you will find in this volume, for each day of the season, both for the Proper of the time, and the Proper of the saints. In the evening, you may use the following prayers.***

### **Evening Prayers**

***After having made the sign of the cross, let us adore that sovereign Lord, who has so mercifully preserved us during this day, and blessed us, every hour, with His grace and protection. For this end, let us recite the following hymn, which the Church sings in her Vespers of Saturday.***

#### **HYMN**

*The radiant sun hath set : do thou, O light unfading, O Unity and Trinity divine, pour thy rays into our hearts. Our morning hymns give thee praise; our evensong implores thy mercy: Oh! grant us to be one day companions with the blessed in heaven, to give thee ceaseless praise.*

*To thee, O Father, Son, and Holy Ghost! may glory be, as it hath ever been, for ever and for endless ages. Amen.*

V. May our evening prayer ascend to thee, O Lord. super

R. And may thy mercy descend upon us.

#### **Lord's Prayer**

Our Father, who art in heaven, hallowed be thy name: they kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive them that trespass against us: and lead us not into temptation but deliver us from evil. Amen.

#### **Address our Lady**

Hail Mary, full of grace; the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

#### **APOSTLES CREED**

I believe in God the Father almighty, Creator of heaven and earth. And in Jesus Christ, his only Son our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died, and buried; he descended into hell, the third day he rose again from the dead; he ascended into heaven, sitteth at the right

hand of God the Father almighty; from thence he shall come to judge the living and the dead.

I believe in the Holy Ghost; the holy Catholic Church; the communion of saints. The forgiveness of sins, the resurrection of the body, and life ever lasting.  
Amen.

*Then make the examination of conscience, going over in your mind all the faults you have committed during the day. Think how great is the obstacle put by sin to the merciful designs your God would work in you; and make a firm resolution to avoid it for the time to come, to do penance for it, and to shun the occasions which might again lead you into it. The examination of conscience concluded, recite the Confiteor (or 'I confess') with heartfelt contrition, and then give expression to your sorrow by the following act which we have taken from the venerable Cardinal Bellarmine's catechism:*

#### **CONFITEOR**

I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word, and deed; through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Mary ever Virgin, blessed Michael the archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

May almighty God have mercy on us, and, our sins being forgiven, bring us to life ever lasting. Amen. May the almighty and merciful Lord grant us pardon, absolution, and remission of our sins. Amen.

#### **ACT OF CONTRITION**

O my God, I am exceedingly grieved for having offended thee, and with my whole heart I repent of the sins I have committed: I hate and abhor them above every other evil, not only because, by so sinning, I have lost heaven and deserved hell, but still more because I have offended thee, O infinite Goodness, who art worthy to be loved above all things. I most firmly resolve, by the assistance of thy grace, never more to offend thee for the time to come, and to avoid those occasions which might lead me into sin.

*You may then add the acts of faith, hope, and charity, to the recitation of which Pope Benedict XIV. has granted an indulgence of seven years and seven quarantines for each time.*

#### **ACT OF FAITH**

O my God, I firmly believe whatsoever the holy Catholic apostolic Roman Church requires me to believe: I believe it, because thou hast revealed it to her, thou who art the very truth.

#### **ACT OF HOPE**

O my God, knowing thy almighty power, and thy infinite goodness and mercy, I hope in thee that, by the merits Of the Passion and death of our Saviour Jesus Christ, thou wilt grant me eternal life, which thou hast promised to all such as shall do the works of a good Christian; and these I resolve to do by the help of thy grace.

**ACT OF CHARITY**

*O my God, I love thee with my Whole heart and above all things, because thou art the sovereign Good: I would rather lose all things than Offend thee. For thy love also, I love and desire to love my neighbor as myself.*

***Then say to our blessed Lady the following anthem, which the Church uses from the feast of the Purification to Easter:***

Hail Queen of heaven! Hail Lady of the angels! Hail blessed root and gate, from which came light upon the world! Rejoice, O glorious Virgin, that surpassest all in beauty! Hail, most lovely Queen! and pray to Christ for us.

V. Vouchsafe O holy Virgin, that I may praise thee.  
R. Give me power against thine enemies.

**OREMUS.**

Grant, O merciful God, thy protection to us in our weak ness; that we who celebrate the memory of the holy Mother of God, may, through the aid of her intercession, rise again from our sins. Through the same Christ our Lord. Amen.

***You would do well to add the litany of our Lady. An indulgence of three hundred days, for each time it is recited, has been granted by the Church.***

***INDULGENCED EJACULATORY PRAYERS FOR THE SOULS IN PURGATORY***

***Jesus, Mary, and Joseph, I give you my heart, my mind, and my life***

***Jesus, Mary, and Joseph, assist me in my last agony,***

***Jesus, Mary, and Joseph, grant that I may peacefully expire in your holy company.***

**THE LITANY OF THE BLESSED VIRGIN**

Lord, have mercy.  
 Christ, have mercy.  
 Lord, have mercy.  
 Christ, hear us.  
 Christ,  
 graciously hear us.  
 God, the Father of Heaven,  
 have mercy on us.  
 God the Son, Redeemer of the  
 World,  
 have mercy on us.  
 God the Holy Ghost  
 have mercy on us.  
 Holy Trinity, One God,  
 have mercy on us.  
 Holy Mary,  
 pray for us.  
 Holy Mother of God,  
 Holy Virgin of Virgins,  
 Mother of Christ,  
 Mother of Divine Grace,  
 Mother most Pure,  
 Mother most Chaste,  
 Mother Inviolate,  
 Mother Undefiled,  
 Mother most Amiable,  
 Mother most Admirable,  
 Mother of good Counsel,  
 Mother of our Creator,  
 Mother of our Savior,  
 Virgin most Prudent,

Virgin most Venerable,  
 Virgin most Renowned,  
 Virgin most Powerful,  
 Virgin most Merciful,  
 Virgin most Faithful,  
 Mirror of Justice,  
 Seat of Wisdom,  
 Cause of our Joy,  
 Spiritual Vessel,  
 Vessel of Honor,  
 Singular Vessel of Devotion,  
 Mystical Rose,  
 Tower of David.  
 Tower of Ivory,  
 House of Gold,  
 Ark of the Covenant,  
 Gate of Heaven,  
 Morning Star,  
 Health of the Sick,  
 Refuge of Sinners,  
 Comforter of the Afflicted,  
 Help of Christians  
 Queen of Angels,  
 Queen of Patriarchs.  
 Queen of Prophets,  
 Queen of Apostles,  
 Queen of Martyrs,  
 pray for us.  
 Queen of Confessors,  
 pray for us.  
 Queen of Virgins,

Queen of all Saints,  
 Queen conceived without  
 Original Sin,  
 Queen assumed into Heaven,  
 Queen of the most Holy Rosary,  
 Queen of the Family,  
 Queen of Peace,

Lamb of God, Who take away the sins of  
 the world, spare us, O Lord!.

Lamb of God, Who take away the sins of  
 the world, graciously hear us, O Lord!

Lamb of God, Who take away the sins of  
 the world, have mercy on us.

V. Pray for us, O Holy Mother of God.  
 R. That we may be made worthy of the  
 promises of Christ.

**OREMOS**

Grant, we beg Thee, O Lord God, that we Thy servants, may enjoy lasting health of  
 mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be  
 delivered from present sorrow and enter into the joy of eternal happiness. Through  
 Christ our Lord. Amen.

***Here invoke the holy angels, whose protection is, indeed, always so much needed by us, but never so much as during the hours of night. Say with the Church :***

Holy angels, our loving guardians, defend us in the hour of battle, that we may not be lost at the dreadful judgment.

V. God hath given his angels charge of thee.

R. That they may guard the in all thy ways.

***LET US PRAY.***

O God. who in thy wonderful providence, hast been pleased to appoint thy holy angels for our guardians: mercifully hear our prayers, and grant we may rest secure under their protection, and enjoy their fellowship in heaven for ever. Through Christ our Lord. Amen.

***Then beg the assistance of the saints by the following antiphon and prayer of the Church :***

ANT. All ye saints of God, vouchsafe to intercede for us and for all men, that we may be saved.

V. Rejoice in the Lord, ye just, and be glad.

R. And glory, all ye right of heart.

**ANGEL OF GOD PRAYER**

***OREMUS***

Protect, O Lord, thy people; and because we have confidence in the intercession of blessed Peter and Paul and thy other apostles, ever defend and pre serve us. May all thy saints ever help us, we beseech thee, O Lord! and grant that, whilst we honour their merits, we may experience their intercession. Grant thy holy peace unto these our days, and drive all iniquity from thy Church. Direct and prosper unto salvation every step, and action, and desire, of us and of all thy servants. Repay our benefactors with everlasting blessings; and grant eternal rest to all the faithful departed. Through Christ our Lord. Amen.

***And here you may add a special mention of the saints to whom you bear a particular devotion, either as your patrons or otherwise; as also of those whose feast is kept in the Church that day, or who have been at least commemorated in the Divine Office. This done, remember the necessities of the Church suffering, and beg of God that He will give to the souls in purgatory a place of refreshment, light, and peace. For this intention recite the usual prayers.***

**PSALM 129**

***From the depths I have cried to thee, O Lord; Lord, hear my voice. Let thine ears be attentive to the voice of my supplication. If thou wilt observe iniquities, O Lord, Lord, who shall endure it ? For with thee there is merciful forgiveness; and by reason Of thy law I have waited for thee, O Lord. My soul hath relied on his word; my soul hath hoped in the Lord. From the morning watch even until night, let Israel hope in the Lord. Because with the Lord there is mercy, and with him plentiful redemption. And he shall redeem Israel from all his iniquities.***

***Eternal rest give to them,***

***V. May they rest in peace.***

***O Lord. And let perpetual light shine upon them.***

***R. Amen.***

***V. From the gate of hell***

***V. O Lord, hear my prayer.***

***R. Deliver their souls, Lord.***

***R. And unto thee.***

### **OREMUS.**

O God, the Creator and Redeemer of all the faithful,  
give to the souls of thy servants departed the remission of all their sins: that through the  
help of pious supplications, they may obtain the pardon they have always desired. Who  
livest and reignest for ever and ever. Amen.

ANT. Save us, O Lord, while awake, and watch us as we sleep; that we may watch with  
Christ, and rest in peace.

V. Vouchsafe, O Lord, this night.

V. Let thy mercy, O Lord, be upon us.

B. To keep us without sin.

R. As we have hoped in thee.

V. Have mercy on us Lord.

V. O Lord, hear my prayer.

R. Have mercy on us.

R. And unto thee.

### OREMUS.

Visit, we beseech thee, O Lord, this house and family, and drive from it all snares of the  
enemy: let thy holy angels dwell herein, who may keep us in peace, and may thy  
blessing be always upon us. Through Jesus Christ our Lord, thy Son, who liveth and  
reigneth with thee, in the unity of the Holy Ghost, God, world without end. Amen.

***And that you may end the day in the same sentiments wherewith you began it,  
say once more to your God these words of the royal prophet:***

***Have mercy on me, O God, according to thy great mercy.***

**References**

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